



# menu

## - Ecobarens classics -

**Smørrebrød, choose 1, 2 or 3 of our bestsellers**  
(open danish sandwiches)

**Choose between:**

- chicken curry • egg & shrimp remoulade
- hummus & avocado • smoked mackerel rilette

(LF and GF available) one two three  
**79 / 131 / 191**

**Toast Skagen, a classic favourite** with shrimps  
(MSC), lumpfish roe, mayo and dill on danish rye bread

Ⓜ **225**

## - Soup -

**Soup of the day** (ask the staff) **169**

## -Warm Salad -

**Sweet potato, beetroot and avocado**, roasted walnuts,  
pomegranate and balsamic dressing

**Choose between:**

- **Vegan** Ⓜ Ⓛ Ⓜ **199**
- **Halloumi** Ⓜ **225**
- **Chicken** Ⓛ Ⓜ **229**

## - Salads / Eneyr plate -

**Prawn Salad (MSC)**, quinoa, sour beetroots, avocado  
roasted hazel nuts and wasabidressing (GF available) **225**

### Our Vegan Energy plate

with homemade raw food dips and seasonal extras,  
greens, sour beetroots, fermented vegetables, marinated  
beans, avocado dressing, seed sprinkles and our home-  
made seed crackers Ⓜ Ⓛ Ⓜ **199**

## - Fish dishes -

**Wild-caught salmon with tarragon** served with lentil  
salad with sun-dried tomatoes, roasted sunflower seeds,  
chickpeas and avocado and lemon  
sauce with seaweed caviar Ⓜ **259**

**Bouillabaisse with fennel, celery, carrot, tomato and  
white wine** served with wild-caught salmon, hand-peeled  
prawns, mussels, saffron aioli and garlic bread Ⓛ **279**

## - Our burgers -

**Choose between:**

- **Halloumi burgare** **219**
- **Wild meat (Swedish fallow deer)** **225**

With bread, pickled cucumber, tomato, salad, avoca-  
do, aioli and timjan roasted potatoes (LF available)

## - Snack trays (for 2 people) -

**Bar tray:** crisps, chili nuts, olives and beer sausage **149**

**Veg tray:** selery, carrot, cucumber, hummus,  
guacamole and crisps Ⓜ Ⓛ **159**

**Charcuterie & cheese tray** with marmalade, delicacy  
crispbread and mustard **259**

eco  baren  
livskällan

\***RAW FOOD** prepared below  
45° degrees celsius and is  
vegan, lactose- & gluten free

Ⓜ = **Gluten free**  
Ⓛ = **Lactose free**  
Ⓜ = **Vegan**

We strive to only use  
Organic and GMO-free  
ingredients.

Cooking is done without  
micro, fryer, or aluminum  
containers.